

6.1 Training Practice 1 / Sample 1

Advertising (Form 902)

We are bombarded by product advertisements in our daily lives. Are you influenced by advertisements in your purchasing decisions? Why or why not?

1

I personally am a little fed up with all the advertisements that you see today. I know that companies have to make money to stay in business, but I think they are getting a little carried away. Every where you look all you see is adver-tisements that clutter up the views on the highways, take up most of the space in magazines and slow down dial-up service on the internet.

Advertisers that do the info-mercials on television seem like they can't do any thing unless they have someone with a booming voice and the over use of hand gestures. Others rely on over anxious people that just get to excited to influence me enough to have enough faith to purchasing what they are selling.

Some products I are pretty much alright and I will research them to find out if they live up to thier claims, then I might consider purchasing them. Other products especially on the info-mercials just seem too cheap and they know they couldn't sell them without the help of a big name celebrity, those I tend not to put faith in. Magazine advertisements I can deal with, if it looks interesting I can take as long as I like to study it without the time restraints of television. Adver-tisements on the internet I dont care for at all. All they do is slow down the service so it takes forever for a page to load and break your concentration when you're trying to read or study something.

6.2 Training Practice 1 / Sample 2

Internet (Form 903)

The Internet is becoming more and more a part of people's everyday lives. In your opinion, is it bringing people closer together, or just the opposite? Why or why not?

2

The Internet is becoming more and more a part of people's everyday lives. In your own opinion, is it bringing people closer together, or just the opposite?

I really believe that today's internet is most definitely bringing people closer and closer together. My first opinion is that the things you can do on an internet ten years ago you couldn't do now a days at jobs instead of everyone meeting bout twenty times a day you can make up all types of Power Points and slides and email them out. For example if you have a new chemical coming into your work place due to OSHA requirements you have to make sure every one in your work place is handling the chemical properly.

My second reason on why internet is becoming a part of peoples everyday lives is that it's addicted you can say in your mind you will only be on the web for an hour that turns into five hours before you even know it. You can get fired from your place of employment due to being on the web for long periods of time even if your work is completed. They have all type of detection to see if your working or surfing.

The internet in alot of ways are very helpful you can find love one's through certain sites such as (face book, myspace) which is good in some sense and bad in the others. You can use alot of search engines to look for jobs, housing, and education needs, The internet is the way of the world right now alot of companys use computers and the internet to hire and fire no paper trail. It's also a good way to GO GREEN!!! With that being said the internet and computers will be around for years to come company will be udating daily on software and enhacing technology to be the best at what they do.

6.3 Training Practice 1 / Sample 3

Internet (Form 903)

The Internet is becoming more and more a part of people's everyday lives. In your opinion, is it bringing people closer together, or just the opposite? Why or why not?

3

In my opinion The Internet is not bringing people closer together. We use the internet for everything. Communication, shopping, banking and paying bills. A person would never have to go out of their home for anything. The internet is a great for research, school work and typing this essay. We grow emotionally and physically when we interact with other human beings. We need to feel, see, hear and smell for our senses. How would we know how to cope and interact with other people if we always did it over the internet. Life experiences are how we learn, live love and grow.

6.4 Training Practice 1 / Sample 4

Scientific Inventions (Form 904)

Choose one scientific invention (e.g., mobile phone, washing machine, automobile). What impact has it had on individuals, society, and/or the environment?

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A good invention to me would be a automobile because it has an inpact on society, individuals and the environment every day both in good and bad ways. If it wasnt for an automobile hundreds of thousand of individuals a day would not be able to make it to work, school, the doctors, grocery store's and many other places we go using a vehicle even to have fun like racing or mudding in trucks. Another thing with out automobiles it would be very hard just to get every day things that we use like food and clothing. But automobiles also have a very bad side to, they put tons of polution in to pur atmasphere every day and it is ruining ower enironment. there is also hundreds of deaths a day from auto mobiles wich makes alot of individuals in our society very sad wich is not good at all. so i would have to say automobiles have a hudge impact on every one including the environment almost every hour of every day.

6.5 Training Practice 1 / Sample 5

Exercise (Form 900)

Exercise is essential to good health, but many people do not exercise regularly. Why is this so? What can be done about it?

5

My topic i'm writing about today is exercise.Walking is a very good exercise. Walking is a good exercise because it help your leg muscles. Situps are good for your abs and your back. Pushups are good for your arm and leg.

Many people don't exercise because they don't have time to. They don't have time because the work is too many hours. If they just went for a run before work they would be a little more healthy.Exercise will help them stay fit and will keep you feeling well. If you just work out one day a week it would help you because you would not get sick as much.

I try to exercise at least two hours a day.I try to do that because i feel better if i do. People need to make time for exercise because it would keep you feeling good . If people would workout. They would miss less time for work for being sick.

6.6 Training Practice 1 / Sample 6

Exercise (Form 900)

Exercise is essential to good health, but many people do not exercise regularly. Why is this so? What can be done about it?

6

EXERCISE

Exercise is essential to good health because it offers mental or stress release. It's good for the heart and blood pressure, controls weight, helps you stay young and healthy, and overall-it's what's in the best interest and well-being for us. We must learn to take good care of ourselves so that we don't get sick, thus we'll stay out of hospitals because we are in good health.

Although exercising regularly is essential to good health and a healthy life, most people don't like exercising because they just don't have the time or patience to do so. They have so many excuses as to why they don't want or need to exercise. They're either too busy working too many jobs, have too many household duties or responsibilities due to having children, or they're too lazy to want to do anything except lay around the house watching their favorite TV shows, or on the telephone, or the computer internet chatting. But, whatever the reasons are that they don't exercise, they must realize that the end result for them not exercising will lead them to not having good health and a healthy life.

I truly believe that what can be done about the problem regarding people who are over weight or obese and who are not exercising is that, they need to get a better understanding of why it is so vital to exercise regularly. They must learn to take better care of themselves or else they could die. What they could do is to get some professional health education counseling which will teach them about the benefits of exercising regularly. They must come to the realization that exercising is what's in their best interest and for their well-being.

In regards to people who work, they need to find out if the company they work for has special health programs that are part of their insurance benefits for employees who may have weight or obesity problems. Being overweight can lead to serious problems with the heart, lungs, liver, or other serious medical problems. It can even lead to having a serious heart attack or stroke while on the job. I believe that employers and companies should offer professional counseling, therapy, and incentives for overweight people who want to lose weight and want to have a healthy life. Most companies would like to see their employees looking healthy and young, and having a strong healthy life. They would like to have healthy employees working for them.

Having a strong healthy life, feeling and looking young every day, and feeling positive about yourself is an incentive for companies, their employees, families, and

everyone. Everyone should exercise regularly and eat a daily balanced diet. Let's us stay, look, and feel healthy every day of our life. Exercising regularly is not only for people who are overweight or obese, but for everyone who want to live a long time. So, let's put away the excuses for not wanting to exercise, and let's get out that jogging suit or shorts, put on those sneakers, get a bottle of water, and start walking or jogging at least twenty-minute per day, two days a week. Then, if we feel good about doing it, we can jog or walk maybe thirty-minute per day, three or four days a week. But remember, we don't have to over do it. Let's take it one day at a time, and take it slow. Let's us have a safe and healthy life from this day on. Good Luck!

6.7 Training Practice 1 / Sample 7

| Employment (Form 901) |
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| What skills do you think are most important to get a job and stay employed? |

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There are three skills I think are most important in getting a job and staying employed. These skills are puncuation, perfomance, and determination. If one has these skills I strongly believe they will succeed in getting a job and keeping it.

Puncuation is one of the most important skills of the three. It's one of the most important skills because being on time shows that you actually care about getting/kepping a job. For example, if two people come to an interview, one on time and one late, the probability of getting hired for the person that came late is greatly reduced because they are showing that they dont have good punctuation skills and they might come to work late alot.

I think performance is an essential skill to have . It's important because it shows that you understand what is expected of you. It also shows that you want to keep your job. For example, when i worked as a lot attendent at a car dealership, I worked with a young man that didn't have satisfactory performance skills . I kept busy and did what was expected of me, but the young man only did what the manager told him to do. The young man got fired soon after he got hired because of his lack of performance skills.

Determination is a very important skill to have when trying to get a job. Determination is very important because it shows ones willingness to not only do the tasks that are asked of him/her, but to succeed in doing them. For example, if a person is asked to do a task while at work and they brush it off and wait until the last minute to do it; they are showing they dont care about doing their job and that they aren't willing to go above and

beyond. Thus showing a lack of determination, which can be a deciding factor in keeping a job or losing a job.

If a person has these three skills and show it I strongly believe they will get a job, succeed in it, and keep it.

6.8 Training Practice 1 / Sample 8

Exercise (Form 900)

Exercise is essential to good health, but many people do not exercise regularly. Why is this so? What can be done about it?

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I think there are some ways can help people exercise regularly:to have idea with exercise,to build good habit,to join a group or a team.

It is very important to have an idea to exercise.If you want to do something,you desier to do it,then you will success easily.

It is another important thing to build a good habit.After you decided to do something,you'd better have some plans,such as make a schedual:waht time you have to get up,what time you need to exercise,how long you want to spend,how will you to do if something happen someday,etc..So make details can help you to insist,then you will build a good ahbit.

It will help you a lot to join a team or a group.We know when people work togeter for same purpose,they should be successful easily.When they exercise together,they can communicate about their feelings,and maybe someone has special idea for exercice.So they can build some interesting by group work.

Exercise is essential to good health,I hope people exercise regularly by above three methods:to have an idea,to keep in your mind,ot insist it ,to do it with some people.At least try them,may be you'll find another good ways.

6.9 Training Practice 1 / Sample 9

Scientific Inventions (Form 904)

Choose one scientific invention (e.g., mobile phone, washing machine, automobile). What impact has it had on individuals, society, and/or the environment?

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Washing machines, what can one say about this invention. It has become a household item that we would not want to live without. The washing machine has given us the opportunity to be able to stay close to home and be able to do other things that we need to do. This invention, for women mostly has become a life saver. We as society can be relaxed when it comes to doing laundry.

The impact that the washing machine has brought to society is great. No more dragging your clothes to the bathtub or even the river. I think that having the washing machine has empowered us to be at ease when it comes to doing our clothes.

Now with that said, I also believe that it has hurt our environment. The soap and other products that we use to do our laundry is not good. Our waters have greatly suffered from using these products. Not only our waters but all living creatures have been affected by these products. I also know since the invention of the washing machine we have become environmentally smart and are working to better the situation at hand. So with this being said I believe that this is one of the most popular invention in time.